

# Kentucky Department of Education

## Course Standards for 2019-20 and Beyond

Course Code: 340227

Course Name: 7th grade Physical Education

Grade Level: 7



Upon course completion students should be able to:

### Standards

#### Standard 1

Demonstrate competency in a variety of motor skills and movement patterns.

##### Combinations of Movement Patterns and Skills

- 7.1.MP1. Apply refined movement concepts, principles, strategies and tactics when learning and performing physical activities.
- 7.1.MP2. Demonstrate combined motor skills in a variety of games and activities.
- 7.1.MP. Perform controlled movements in game-like situations.

##### Manipulative Skills

- 7.1.MS1. Demonstrate how to send, receive and retain a variety of objects, while taking into account position and motion in relation to others, equipment and boundaries, while applying appropriate performance cues.

#### Standard 2

Apply knowledge of concepts, principles, strategies and tactics to movement and performance.

##### Combinations of Movement Concepts

- 7.2.MC1. Demonstrate how movement concepts, principles, strategies and tactics apply to the performance of various physical activities and game-like situations.
- 7.2.MC2. Demonstrate how motor skills and techniques need to be refined, combined and varied in the development of specialized skills for participation in physical activities and game-like situations.
- 7.2.MC3. Demonstrate how non-locomotor, locomotor and combination skills are used to build simple, creative sequences in physical activities and game-like situations.

#### Standard 3

Demonstrate knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

##### Physical Activity Knowledge and Engagement

- 7.3.PA1. Explain the physical, social and mental/emotional benefits of being physically active.

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- 7.3.PA2. Analyze self-selected physical activity and adjust activities based on current fitness level.

### Physical Fitness Knowledge

- 7.3.PF1. Describe how the FITT principle is used to develop personal fitness goals.

### Nutrition

- 7.3.N1. Develop strategies for balancing healthy food, snacks and water intake, along with daily physical activity.

### Stress Management

- 7.3.SM1. Analyze various physical activities that help with stress reduction.

## Standard 4

Demonstrate responsible personal and social behavior that exhibits respect for self and others.

### Social Interactions/Working with Others

- 7.4.SW1. Accept differences among classmates in physical development, maturation and varying skill levels by providing encouragement and positive feedback.

### Rules and Etiquette

- 7.4.RE1. Demonstrate knowledge of rules and etiquette by self-officiating standard and modified physical activities.
- 7.4.RE2. Demonstrate cooperation skills by establishing rules and guidelines for resolving conflict.

### Safety

- 7.4.SA1. Demonstrate knowledge of appropriate safety principles, rules and procedures in a variety of physical activities.

## Standard 5

Demonstrate value of physical activity for health, enjoyment, challenge, self-expression and social interaction.

### Health

- 7.5.H1. Compare how regular participation in physical activities supports the goals of a healthy lifestyle.

### Challenge

- 7.5.C1. Identify strategies for persevering when physical activities bring challenge.

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#### Self-Expression and Enjoyment

- 7.5.SE1. Demonstrate both intrinsic and extrinsic motivation by selecting physical activities to participate in outside of class.

#### Social Interaction

- 7.5.SI1. Demonstrate positive social interactions during physical activity.

#### Advocacy

- 7.5.A1. Create physical activity messages for different audiences that persuade others to make healthy and safe physical choices.